

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fructose (g) ; Lactose (g)

Food Groups: Meals, Entrees, and Side Dishes
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 03, 2015 01:25 EST

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	13.60	0.00
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.09	0.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.93	0.00
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	3.25	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.54	0.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	2.35	--
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	2.23	2.27
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.72	1.75
22971	Potato salad with egg	125.0	0.5 cup	1.64	0.00
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.59	1.60
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.54	0.00
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.43	0.62
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.28	0.74
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	1.27	1.21
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	1.27	0.00
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.19	0.00
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.13	0.52
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.09	0.00
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.01	--
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.72	0.00
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.66	0.00
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.65	0.00
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.64	0.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.62	3.01
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.60	0.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.47	2.77
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.30	0.45

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.28	0.86
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.23	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.22	0.00
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.21	0.00
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.16	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.13	0.00
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.10	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.05	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.00	2.46
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.00	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.00	--
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.00	--
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.00	2.51
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.00	4.83
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.00	--
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.00	1.64
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.00	--
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.00	1.61
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.00	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.00	5.98
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.00	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.00	--